

The City of Mountain View Public Library
presents

Mind-Body Wellness: Learn to Reduce Stress



The Art of Living Foundation presents one-hour workshops on innovative breathing techniques that are designed to reduce stress; increase energy, enthusiasm, and productivity; and enhance clarity and satisfaction at work and at home.

Light stretching—please wear comfortable clothes.

- **Saturday, December 10, 11:30 am-12:30 pm**
- **Saturday, January 7, 11:30 am-12:30 pm**
- **Saturday, January 21, 11:30 am-12:30 pm**

Mountain View Public Library Community Room
585 Franklin St. Mountain View, CA 94041
650-903-6337

No RSVP needed * Walk-ins welcome
www.mountainview.gov/library

